



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTHWEST FAMILY YMCA

2018

Schedule and Instructor are subject to change session to session

Jan 2 - March 4 (revised 1/26/18)

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	6:00 am	H.I. I. T	Patty	Med/High	Group	60 min
	8:15 am	AOA Tabata Gold	Rosemary	Low/Med	Group	45 min
	9:15 am	Total Body Strength	Debbie	All Levels	Group	60 min
	10:30 am	Zumba	Kim B	All Levels	Group	60 min
	4:30 pm	Barre (NEW CLASS)	Kristen	All Levels	Group	60 min
	5:30 pm	Zumba	Suzanne	All Levels	Group	60 min
	6:45 pm	Step	Lori	All Levels	Group	60 min
TUESDAY	9:15 am	Les Mills Body Combat	Laura	All Levels	Group	60 min
	9:30 am	Strollerfit	Shannon	All Levels	Track	60min
	11:30 am	Zumba Gold	JoAnn	Low	Group	60 min
	4:30 pm	Zumba Toning	Suzanne	Med/High	Group	60 min
	5:45 pm	Cardio Interval (NEW CLASS)	Jeanette	Med/High	Group	60 min
	7:00 pm	Total Body Strength	Kathy K	All Levels	Group	60 min
WEDNESDAY	6:00 am	Total Body Strength	Marguerite	All Levels	Group	60 min
	9:15 am	Zumba	Suzanne	All Levels	Group	60 min
	10:30am	Barre	Shannon	All Levels	Group	60 min
	4:30 pm	Barre (NEW CLASS)	Shannon	All Levels	Group	60 min
THURSDAY	8:15 am	Active Movers	Dixie	Low	Group	45 min
	9:15 am	Box TNT (Gloves optional)	Laura/Meryl	Med/High	Group	60 min
	11:30 am	Zumba Gold Toning	Shonna	Low/Med	Group	60 min
	5:30 pm	Zumba	Kelly K	All Levels	Group	60 min
	6:45 pm	R.I.P.P.E.D.	Ted	Med/High	Group	60 min
	7:45pm	Les Mills CX Works	Ted	Medium	Group	30min
FRIDAY	6:00 am	Circuit Training	Marguerite	Med/High	Group	60 min
	8:00 am	Active Movers	Marguerite	Low	Group	45 min
	9:00 am	Zumba Toning	Suzanne	Med/High	Group	60 min
	10:15 am	Barre	Naiela	Med	Group	60 min
	5:00 pm	Barre	Eileen	Med	Group	60 min
SATURDAY	8:45 am	Les Mills CX Works (see dates) (1/6, 1/20, 2/3, 2/17, 3/3)	Val	All Levels	Group	30 min
	9:30 am	Les Mills Body Combat (1/6, 1/20, 2/3, 2/17, 3/3)	Debbie C	All Levels	Group	60 min
	9:30 am	Zumba (1/13, 1/27, 2/10, 2/24)	Kellie	All Levels	Group	60 min
SUNDAY						
	9:30am	Barre	Kristen/Shannon	All Levels	Group	60 min
	11:00 am	6 wks Yoga Sculpt (1/7, 1/14, 1/21, 1/28, 2/4, 2/11) (2/18, 2/25,3/4, 3/11, 3/18, 3/25)	Bridget	Med/High	Group	60 min

CYCLE

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	6:00am	Les Mills RPM	Debbie	Med/High	Cycle	50 min
	8:00am	Cycle 101	Deb G	Low/Med	Cycle	45 min
	10:30am	Spin & Strength (NEW CLASS)	Marguerite	All Levels	Cycle	60 min
	5:30pm	Cycle	Melissa	All Levels	Cycle	60 min
TUES	10:00am	Cycle & Core	Cindy	All Levels	Cycle	60 min
	6:00pm	Cycle	Patty	Med/High	Cycle	60 min
WED	9:30am	Cycle	Jeanette	All Levels	Cycle	60 min
	4:30pm	Les Mills RPM (NEW CLASS)	JoAnn	All Levels	Cycle	60min
	6:00pm	Cycle	Melissa	All Levels	Cycle	60 min
THUR	10:00am	Les Mills RPM	Sue R	Med/High	Cycle	50 min
	5:30pm	Les Mills RPM	Deb C	Med/High	Cycle	50 min
FRIDAY						
	6:00am	Les Mills RPM (begins 2/2/18)	JoAnn	Med/High	Cycle	60min
	10:00am	Les Mills RPM	Sue R	Med/High	Cycle	60 min
SATURDAY						
	7:00am	Advance Cycle	Gwen	All Levels	Cycle	90 min
	9:30am	Les Mills RPM	JoAnn/Val	Med/High	Cycle	50 min
Sunday						
	9:00am	Advance Cycle (6 WEEKS) (NEW) (1/7, 1/14, 1/21, 1/28, 2/4, 2/11)	Jeff	All Levels	Cycle	90min

Classes in the MBS are barefoot/socks on classes. Please leave shoes outside of studio.

MIND/BODY

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	9:30 am	Vinyasa Yoga (NEW CLASS)	Samantha	All Levels	MBS	60 min
	10:30am	Gentle Yoga	Cindy	Low	MBS	60 min
	1:00pm	Gentle Yoga	Kelly	Low	MBS	60min
	6:15pm	Fitness Yoga	MaryBeth	Med/High	MBS	60 min
TUES	10:30 am	Vinyasa Yoga	Joan	All Levels	MBS	60 min
	11:40am	Express Barre	Naiela	All Levels	MBS	40 min
	6:00pm	Vinsaya Yoga	MaryBeth	All Levels	MBS	60 min
WED	10:00am	Tai Chi	Masako	Low	MBS	60 min
	4:30pm	Vinyasa Yoga	Maggie	All Levels	MBS	60 min
	6:00pm	Intro to Yoga	Debbie Drake	Low	MBS	30 min
	7:00pm	Gentle Yoga	Debbie Drake	Low	MBS	60 min
THURS	10:30am	Fitness Yoga	Cindy	All Levels	MBS	60 min
	11:40am	Express Barre	Naiela	All Levels	MBS	40 min
	1:00pm	Gentle Yoga (NEW CLASS) Begins 2/1	Sybil	All Levels	MBS	60 min
	6:30pm	Vinsaya Yoga	Cindy	All Levels	MBS	60 min
FRI	11:00am	6 weeks Restorative Yoga (2/2,2/9, 2/16, 2/23, 3/2, 3/9)	Sybil	All Levels	MBS	60min
SATURDAY						
	9:00am	PiYo Live	Caryn	Med/High	MBS	60 min

KIDS FITNESS CLASSES:
MINI ME IN MOTION— MONDAYS 9:15–9:45AM—SPORT COURT #3

KIDS DANCE PARTY— FRIDAYS 6–6:45PM—MIND/BODY STUDIO